

# GRIEF AND LOSS AT WORK



Many employees mourn the death of a loved one. Employees, their families and the workplace are impacted in many ways. Support and information while experiencing grief are important and the Employee Service Program (ESP) is here to help during difficult times.

While grief is usually thought of as a response to a loved one's death, it can also be a response to other types of significant losses. Each individual experiences grief in their own way and there is no simple or "correct" way to grieve.

Contact the Employee Service Program (ESP) at 1-800-521-1377 for services and resources available to state employees and their eligible family members.

## ESP GRIEF AND LOSS SERVICES

- [Individual Confidential Consultation](#)
- [Wellness Seminars and Lunch & Learn presentations on the topic of "Grief and Loss"](#)
- [Management and Human Resource Consultation Services](#)
- [Traumatic Incident Stress Management Program](#)